

Full Report (All Nutrients) 17364, Lamb, New Zealand, imported, kidney, cooked, soaked and fried

Report Date:October 09, 2015 15:52 EDT

Nutrient values and weights are for edible portion.

Food Group : Lamb, Veal, and Game Products**Nitrogen to Protein Conversion Factor:6.25****Refuse:5% Refuse Description: Connective tissue 5%**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Proximates					
Water ¹	g	75.07	1	--	63.81
Energy	kcal	112	--	--	95
Energy	kJ	468	--	--	398
Protein ¹	g	19.78	1	--	16.81
Total lipid (fat) ¹	g	3.56	1	--	3.03
Ash ¹	g	1.41	1	--	1.20
Carbohydrate, by difference	g	0.18	--	--	0.15
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
Minerals					
Calcium, Ca ¹	mg	9	1	--	8
Iron, Fe ¹	mg	14.70	1	--	12.50
Magnesium, Mg ¹	mg	19	1	--	16
Phosphorus, P ¹	mg	312	1	--	265
Potassium, K ¹	mg	271	1	--	230
Sodium, Na ¹	mg	199	1	--	169
Zinc, Zn ¹	mg	2.36	1	--	2.01
Copper, Cu ¹	mg	0.415	1	--	0.353
Manganese, Mn ¹	mg	0.105	1	--	0.089
Selenium, Se ¹	µg	105.0	1	--	89.2
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin ¹	mg	0.462	1	--	0.393
Riboflavin ¹	mg	1.529	1	--	1.300
Niacin ¹	mg	9.064	1	--	7.704
Pantothenic acid ¹	mg	4.558	1	--	3.874
Vitamin B-6 ¹	mg	0.230	1	--	0.196
Vitamin B-12 ¹	µg	55.56	1	--	47.23
Vitamin A, RAE	µg	85	--	--	72
Retinol ¹	µg	85	1	--	72
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	284	--	--	241
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol) ¹	mg	0.57	1	--	0.48
Vitamin D (D2 + D3)	µg	0.2	--	--	0.2
Vitamin D3 (cholecalciferol) ¹	µg	0.2	1	--	0.2
Vitamin D ¹	IU	8	1	--	7
Lipids					
Fatty acids, total saturated	g	0.920	--	--	0.782
4:0	g	0.000	--	--	0.000
6:0 ¹	g	0.000	1	--	0.000
8:0 ¹	g	0.000	1	--	0.000
10:0 ¹	g	0.002	1	--	0.002
12:0 ¹	g	0.002	1	--	0.002
14:0 ¹	g	0.009	1	--	0.008
16:0 ¹	g	0.341	1	--	0.290
17:0 ¹	g	0.037	1	--	0.031
18:0 ¹	g	0.455	1	--	0.387
20:0 ¹	g	0.006	1	--	0.005
22:0 ¹	g	0.041	1	--	0.035

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
24:0 ¹	g	0.029	1	--	0.025
Fatty acids, total monounsaturated	g	0.453	--	--	0.385
14:1 ¹	g	0.005	1	--	0.004
15:1 ¹	g	0.000	1	--	0.000
16:1 undifferentiated ¹	g	0.019	--	--	0.016
16:1 c ¹	g	0.009	1	--	0.008
16:1 t ¹	g	0.010	1	--	0.008
17:1 ¹	g	0.000	1	--	0.000
18:1 undifferentiated ¹	g	0.415	--	--	0.353
18:1 c ¹	g	0.380	1	--	0.323
18:1 t ¹	g	0.035	1	--	0.030
20:1 ¹	g	0.002	1	--	0.002
22:1 undifferentiated ¹	g	0.000	--	--	0.000
22:1 c ¹	g	0.000	1	--	0.000
24:1 c ¹	g	0.012	1	--	0.010
Fatty acids, total polyunsaturated	g	0.826	--	--	0.702
18:2 undifferentiated ¹	g	0.265	--	--	0.225
18:2 n-6 c,c ¹	g	0.245	1	--	0.208
18:2 CLAs ¹	g	0.019	1	--	0.016
18:2 t,t ¹	g	0.000	1	--	0.000
18:3 undifferentiated ¹	g	0.078	--	--	0.066
18:3 n-3 c,c,c (ALA) ¹	g	0.078	1	--	0.066
18:3 n-6 c,c,c ¹	g	0.000	1	--	0.000
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c ¹	g	0.000	1	--	0.000
20:3 undifferentiated ¹	g	0.012	--	--	0.010
20:3 n-6 ¹	g	0.012	1	--	0.010
20:4 undifferentiated ¹	g	0.197	--	--	0.167
20:4 n-6 ¹	g	0.197	1	--	0.167
20:5 n-3 (EPA) ¹	g	0.152	1	--	0.129
22:5 n-3 (DPA) ¹	g	0.066	1	--	0.056
22:6 n-3 (DHA) ¹	g	0.058	1	--	0.049

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Fatty acids, total trans	g	0.044	--	--	0.037
Fatty acids, total trans-monoenoic	g	0.044	--	--	0.037
Cholesterol ¹	mg	508	1	--	432
Amino Acids					
Tryptophan ¹	g	0.219	--	--	0.186
Threonine ¹	g	0.944	--	--	0.802
Isoleucine ¹	g	0.885	--	--	0.752
Leucine ¹	g	1.527	--	--	1.298
Lysine ¹	g	1.727	--	--	1.468
Methionine ¹	g	0.645	--	--	0.548
Cystine ¹	g	0.259	--	--	0.220
Phenylalanine ¹	g	0.779	--	--	0.662
Tyrosine ¹	g	0.685	--	--	0.582
Valine ¹	g	1.007	--	--	0.856
Arginine ¹	g	1.332	--	--	1.132
Histidine ¹	g	0.419	--	--	0.356
Alanine ¹	g	0.983	--	--	0.836
Glutamic acid ¹	g	2.763	--	--	2.349
Glycine ¹	g	0.846	--	--	0.719
Proline ¹	g	0.634	--	--	0.539
Serine ¹	g	0.674	--	--	0.573
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Beef + Lamb New Zealand Limited New Zealand Beef + Lamb Study, 2012 Wellington